



Dec. 7, 2015

Island Insight

This publication is published weekly and contains information about, for, and of interest to the Island Workforce. This document is also available on the Garrison Internet page under "Information" and on the installation website at www.usagria.army.mil under "News" and then "Local News."

Island Insight Submission: www.usagria.army.mil/News/II.aspx

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Rock Island Arsenal Provides Trees for Troops

More than 120 Christmas trees were given away by the Trees for Troops organization, and organized through Rock Island Arsenal FMWR, to service members and their families at Rock Island Arsenal. Trees were handed out on a first come, first serve basis to active-duty service members. Families began arriving at 9 a.m. to the Memorial Park Pavilion on Arsenal Island to pick out their trees, which will be available to active-duty troops Dec. 3-7 at the location 9-11 a.m. and 1-3 p.m. "It's a very good gesture," said Sgt. Jeffrey Reed, First Army, regarding the Christmas SPIRIT Foundation Trees for Troops program that since 2005, in cooperation with FedEx, has donated more than 100,000 Christmas trees to service members and their families in the U.S. and overseas. "I love the program, I have it on my Facebook and I just noticed it last week for the first time this year," said Stephanie Reed, Sgt. Jeffrey Reed's spouse. "I really appreciate all the people who donate all the trees to the Soldiers... it's a really great thing they do." ([More](#))



Upcoming Dates

- Nov. 9-Dec. 14:** Federal Employees Benefits Open Season
- Dec. 14-18:** DA Photos, Bldg. 90, Basement, B11, 7:20 a.m. – 3:40 p.m.
- Dec. 16:** RIAWC Favorite Things Luncheon, Arsenal Island Clubhouse, 11 a.m. - 1 p.m.
- Dec. 16:** RIA Retirement & Retreat Ceremony, Heritage Hall, 2 p.m.
- Dec. 18:** MVRBC blood drive, Lock & Dam Lounge, Bldg. 60, 10 a.m. - 3 p.m.
- Dec. 19:** Discovery Time Playgroup, Community Christian Fellowship, 9:30 a.m.
- Dec. 19:** Time with Teddy, Quarters One, 1 p.m.
- Dec. 25:** Christmas Day (Federal Holiday)
- Jan. 1:** New Year's Day (Federal Holiday)
- Jan. 8:** End of year donation deadline to CPAC
- Jan. 13:** Tenant Senior NCO Meeting, Arsenal Island Clubhouse, 11:30 a.m.
- Jan. 18:** Martin Luther King, Jr. Day (Federal Holiday)
- Jan. 20:** RIAWC Declutter Your Life Luncheon, Arsenal Island Clubhouse, 11 a.m. - 1 p.m.
- Jan. 21:** RIA DeCA, AAFES and FMWR Advisory Council Meeting, Bldg. 90, Rm. 25, 1 p.m.
- Jan. 25:** DA Photos, Bldg. 90, Basement, B11, 7:20 a.m. – 3:40 p.m.
- Jan. 28:** Newcomer's Orientation and Tour, Arsenal Island Clubhouse, 8 a.m.

Bodybuilder Transformation

Our men and women in uniform are no strangers to a challenge, but countless hours at the gym to become a competitive bodybuilder isn't usually in the job description. Captain Kimberly Muhlenbruch wears a lot of hats. She's a soldier. A grad student. And a single parent. But competitive bodybuilding just wasn't on her radar. "I thought I couldn't do it. I'm 42 years old. I have 3 children. My youngest is 11. And I thought 'I couldn't do it,'" said Cpt. Mulhenbruch. It took some convincing from a friend who lifts, but they struck a deal. Cpt. Mulhebruch hit the weights in May. After more than six months of training, she put her hard work to the text in her first competition this November. Out of all the entries, she placed fourth. ([More](#))



Quad City Company Helps Deliver Thousands of Wreaths to Veteran Cemeteries

A national non-profit organization that places wreaths on the graves of fallen U.S. soldiers across the country is getting some help from a Quad City based trucking company. This week, Tennant Yard Management (TYM) in Colona, Illinois is offering their services for free to the organization, Wreaths Across America. "It helps a lot that we never forget our veterans and that's a big story to tell here in Rock Island and Quad Cities area," said Colonel Elmer Speights Jr., Garrison Commander of the Rock Island Arsenal. ([More](#))



Operation Toy Soldier & Adopt-A-Family programs

Local agencies are already concentrating on the holidays. They joined forces to help families in the Quad Cities that are facing some tough times. Chris Langlois takes us Inside the Gates and shows us how one group is spreading Christmas cheer. "It's just one way for the community to show how much we support our military," said Jenny Kerr, Family Advocacy Program Manager ACS. Deployments, medical problems, single parenting. All issues that can overshadow the holidays. ([More](#))



Obama, Congress Avert Fed Shutdown, Focus on Taxes, Spending

Avoiding the high drama of recent year-end budget fights, President Barack Obama signed legislation Friday keeping government agencies open into next week, giving White House and congressional bargainers more time to complete sweeping deals on taxes and federal spending. Facing a midnight deadline, Obama signed the measure keeping government afloat through Wednesday just hours after the House used a voice vote to send it to him. The Senate approved the bill a day earlier, its easy sojourn through Congress underscoring that neither party saw reason to risk a government shutdown battle. Talks were likely to stretch at least into the weekend over the environment, Syrian refugees, guns and dozens of other disputes sprinkled across two major bills. One would provide \$1.1 trillion to finance government for 2016; the other would renew around 50 expiring tax cuts for businesses and individuals that, with additions, could swell to a 10-year price tag of \$700 billion or more. ([More](#))



Feds to Get Half-Day Off Before Christmas

Federal employees will get a half-day off on Thursday, Dec. 24. President Barack Obama signed an executive order Dec. 11 permitting federal employees to take off the last half of the scheduled workday on Christmas Eve. "The heads of executive branch departments and agencies may determine that certain offices and installations of their organizations, or parts thereof, must remain open and that certain employees must remain on duty for the full scheduled workday on December 24, 2015, for reasons of national security, defense, or other public need," the executive order said. The Office of Personnel Management issued a memo at the same time as Obama's order. ([More](#))



First Army Soldier Appointed To Command Sergeant Major

A First Army senior noncommissioned officer received his lateral appointment to command sergeant major in a ceremony in First Army headquarters here Dec. 7. Command Sgt. Maj. Albert Harris, a native of Modesto, California, has served five months as the senior medical noncommissioned officer of First Army's command surgeon section. He is now headed to Fort Irwin, California where he will be command sergeant major of Weed Army Community Hospital. First Army commanding general, Lt. Gen. Michael Tucker, congratulated Harris on reaching the rank of command sergeant major and highlighted Harris' accomplishments during his five months with First Army. "During his short tenure here, Command Sgt. Maj. Harris has accomplished a lot of great things for First Army's surgeon office. For example, he visited our mobilization platforms early on," Tucker said. "He expanded the surgeon's cell at Fort Hood and Fort Bliss, helping to prepare Soldiers for their medical readiness, and helped standardize the demobilization and mobilization medical process for Soldiers and for deploying medical units." ([More](#))



Criminal Investigation Command Warns of Posting Holiday Travel Plans

As Soldiers and their Families prepare for the holiday season, the U.S. Army Criminal Investigation Command, commonly referred to as CID, warns that posting travel plans on social media sites makes your home vulnerable to burglary. While Soldiers should always be vigilant in their postings to avoid releasing sensitive information, revealing personal holiday travel information puts Soldiers, their Families and their homes at risk. "Social media is a powerful and frequently used tool for Soldiers, their Families, and friends to stay connected, especially during the holiday season," said Daniel Andrews, director of the CID's Computer Crime Investigative Unit. "Unfortunately, criminals use the same social media sites to conduct surveillance and identify potential targets." In fact, Andrews said, posting vacation plans is like announcing to criminals that your residence will be unoccupied for an extended period. "We recommend that personnel avoid publicizing the details of holiday plans and travel arrangements, whether upcoming or in progress," Andrews said. "Wait until the vacation is over to comment on it and share photos, but still be cautious about what information you make publicly available." ([More](#))



Here's How to Replace Military Service Records, Awards

Army veterans and retirees who served on active duty or in the reserves and their family members are eligible to receive a variety of service-related documents for free. It's just a matter of knowing how. Records and other documents are available from Human Resources Command, Department of Veterans Affairs, National Archives and other official sources. Because the documents are provided free to those qualified to receive them, there is no reason to get them from commercial firms that charge fees, according to Army officials. A good first stop for information on how to get Army veteran service documents is HRC's Human Resource Service Center at

<https://www.hrc.army.mil/tagd/human%20resource%20service%20center>; toll-free by phone at 1-888-276-9472 or DIN 983-9500, or email at ask-hrc@us.army.mil. ([More](#))



In Major Change, Army Removes Social Security Numbers from Dog Tags

U.S. Army dog tags will no longer include soldiers' Social Security numbers, the Army announced on Tuesday, ending a more than 40-year identification system. The tags will instead display the 10-digit Defense Department identification number currently included on Pentagon ID cards, and will be issued to soldiers on an as-needed basis, with those deploying getting priority, service officials said in a press release. "This change is not something where Soldiers need to run out and get new tags made," Michael Klemowski, the soldiers programs branch chief at U.S. Army Human Resources Command, said in the release. "We are focusing first on the personnel who are going to deploy. If a Soldier is going to deploy, they are the first ones that need to have the new ID tags." The change was first published in Army Pamphlet 600-8-14 on Nov. 30, officials said. The switch is being done in an effort to reduce the use of Social Security numbers and curb identity theft, they said. ([More](#))



New Legislation Expands Sexual Assault Victim Rights

The Special Victims' Counsel, or SVC program, designed to help victims of sexual assault, has been expanded. That, along with several other changes that affect sexual assault policy and related courts-martial procedures, are part of the fiscal year 2016 National Defense Authorization Act, or NDAA, signed into law by President Barack Obama, Nov. 25. The SVC program consists of attorneys who represent victims throughout the investigative and judicial process. The NDAA expanded both the categories of victims entitled to SVC services and the types of services that SVC provides in five important ways, said Col. Walt Hudson, judge advocate chief, Criminal Law Division, Army Office of the Judge Advocate General. When SVC was first implemented two years ago, only active-component Service members and their Family members qualified for SVC, he said. Now, Department of Defense civilians may also be eligible for SVC. ([More](#))

Federal Employees Benefits Open Season

The 2015 Federal Benefits Open Season will be **Nov. 9 to Dec. 14**. Open Season is the time of year to ensure that you have the right health, dental, or vision insurance coverage for you and your family. It is also time to consider the money you can save on your out-of-pocket medical and dependent care expenses. During this Open Season, you will be able to enroll in a new plan, change your current plan, or cancel your plan for the following benefits:

- Federal Employees Health Benefits (FEHB)

- Flexible Spending Accounts (FSA)
- Federal Employees Dental and Vision Insurance Program (FEDVIP)

If you wish to keep your existing plan, you do not have to make a new Open Season election. In the past, an annual Health Benefits Fair was held in the month of November here on Rock Island Arsenal; that fair was discontinued. All benefits/retirement questions need to be addressed directly to the Army Benefits Center, which can be reached at <http://ABC.Army.mil>, 877-276-9287, 785-240-2222, DSN 520-2222.

Custodial Contract Trash Removal Update

Thank you for your cooperation in implementing the new custodial contract. The following information clarifies some widespread misconceptions and misinformation on trash removal, trash receptacles and individual trash cans. • The Contractor picks up larger common area trash receptacles daily. Common areas are defined as kitchens, break rooms, hallways and restrooms. The Contractor will not be emptying individual trash cans regardless of location. Everyone is responsible for emptying their individual trash cans into the common area trash receptacle. The RIAG is providing two trash can liners per week for individuals to replace in their individual trash can. DPW is coordinating with tenant organizations for POCs to distribute/manage trash can liners. JMTC and JMC already have procedures in place and other organizations should have procedures in place by the end of the week. • The RIAG distributed additional common area trash containers Dec. 1-2. The distributed cans were placed in approximate locations. These cans may be moved as long as they remain in the common area hallways or kitchen/breakrooms. We will be monitoring the need for additional common area receptacles as the contract progresses. • The Contractor will be picking up the common area cans during 1st or 2nd shifts, depending on your location. Scheduling is a contractor prerogative but the schedule should become stable once the contractor optimizes their operation. The cans will be picked up daily, but some trash will remain in cans throughout the weekend. This is not a change from previous practices.

Daily Dining in Bldg. 60

Effective Nov. 2 seating for daily dining in Bldg. 60 has been temporarily moved to the room west of the food court through the double doors, while the Caisson room is being expanded and remodeled to give patrons a pleasant dining atmosphere. Questions, please call 309-782-5890.

Blood Drives

The Mississippi Valley Regional Blood Center is hosting a blood drive in the room outside the Lock and Dam Lounge (in Bldg. 60), on **Friday, Dec. 18, 10 a.m. – 3 p.m.** If you would like to donate at this blood drive, feel free to e-mail SHoegerl@mvrbc.com with the time you'd like to schedule, or call their Donor Center at 563-359-5401, ext. 119. **The Army encourages its employees to volunteer as candidates for any of the variety of medical donor programs, including blood, bone marrow, and organ donor/transplant programs. For additional information [click here](#).**



VIOS Schedule for December, January, February

Official DA Studio Photography (DA, Government Passport and Command Photos) will be offered at Rock Island Arsenal on **Dec. 14, 15, 16, 17, and 18; Jan. 25, 26, 27, 28, and 29; and Feb. 22, 23, 24, 25, and 26.** Appointments may be scheduled online by submitting a DA Form 3903 Work Request using the [Visual Information Ordering Site](#) for the available times: 7:20 a.m. - 3:40 p.m. Click on "Frequently Asked Questions" on the [VIOS site](#) for more information. Walk-in appointments are not available. Photographs will be taken at the Photo Studio (Bldg. 90, Basement,

Room B11). Priority is: 1. Active Duty Soldier's DA photos; 2. Official Government passport photos; 3. Official command photos; 4. DA photos for Army Reserve and Army National Guard Soldiers (not on active duty). The 8"x10" head and shoulders - Command Photos will be printed and available digitally. Additional prints can be ordered in VIOS. All scheduled dates can be found on the [RIA VIOS website](#).

RIA Award, Retirement, and Retreat Ceremony

Maj. Gen. Kevin O'Connell, senior commander, Rock Island Arsenal, commander, Army Sustainment Command, cordially invites you to attend the 1st Quarter FY16 Award, Retirement, and Retreat Ceremony, Wednesday, **Dec. 16**, at 2 p.m., in Heritage Hall, Bldg. 60. The ceremony is in honor of: • Susan Carroll, JMC; • Greg Zelnio, JMC; • Maj. Mark DeSander, ASC; • Sgt. First Class Lancelot Bacchus, ASC; • David McKillip, ASC. Uniform for personnel not participating in ceremony - Military: Duty Uniform & Civilian: Casual.

Retired General to Speak at Farmer2Farmer

Join Lt. General Jim Huggins, U.S. Army (Ret.), at Farmer2Farmer taking place **Dec. 15-17**, at the Quad City Waterfront - Convention Center in Bettendorf, for a fascinating talk on how analytics are changing the 21st century battlefield. Warfare is a challenge in managing complex environments, factors beyond your control, and making important decisions with imperfect information - just like farming. No one knows this better than Lt. General Jim Huggins, who commanded at nearly every echelon of the Army, participated seven combat tours, and is a six-time Bronze Star recipient. Lt. General Huggins most recently was Deputy Chief of Staff for Operations & Strategy, where he coordinated U.S. Army operations and strategy for the Secretary of the Army and Chief of Staff of the Army. Huggins previously commanded the historic 82nd Airborne Division, and multinational NATO-ISAF forces in Afghanistan, where he led 22,000 American and 9,000 coalition forces in combat operations across six Afghan provinces. Military and Government employees can register by using the code Military after clicking on [Reserve Your Tickets](#).



AbilityOne® Base Supply Center on Arsenal Island Undergoing Name Change

Starting **Jan. 1**, PaperclipsEtc.com will become bscsource.com, a re-designed website and improved shopping experience that will retain your account information, saved carts and other features you use and love. Why change? The bscsource.com name reflects the mission of the AbilityOne Base Supply Center (BSC) program: offering employment opportunities for people who are blind or visually impaired. Our PaperclipsEtc physical stores, owned and operated by Winston-Salem Industries for the Blind, will officially take the AbilityOne® BSC name **Jan. 1** as well. Our name change reflects an entire new team of procurement specialists connected to a huge network of vendors. We can design custom processes and features to ensure you have what you need, when you need it. Your purchases provide jobs for people who are blind or visually impaired. Base Supply Center Stores, formerly known as Paperclips Etc. stores, and bscsource.com are operated by Winston-Salem Industries for the Blind. We are your on-site location for a wide range of AbilityOne® Procurement List products and other commercial products.

End of Year Donations

For those wishing to donate annual leave to another federal civilian employee in the Leave Transfer Program, please complete Statement of Leave Donor (RIA form 690-43) or OPM form 630a and

submit with supervisor signature to the Civilian Personnel Advisory Center. To ensure a leave donation will be deducted from this calendar year, all donations must be received in the CPAC no later than **Jan. 8**. Donations received after **Jan. 8**, will be posted to leave year 2016. Reminder: In any leave year, an employee may donate no more than one-half of the amount of annual leave he or she would accrue during a leave year. For employees with 'use or lose' annual leave, you may donate no more than the number of hours remaining in the leave year as of the date of the transfer for which you are scheduled to work and receive pay. POC: Janine Couppee may be reached at PECH-NCR-E, 309-782-1278.

Fish Fry and More Every Friday

American Legion Post 1233, 312 Broadway Street, Colona, Ill., is having a fish fry every Friday evening from 5 to 8 p.m. Come enjoy a variety of entrees from steak sandwiches, fish and chicken dinners, to sides and hors d'oeuvres; very reasonably priced. Proceeds go to veterans; their families; and other veteran organizations. For more information, call Anna DeFrieze at 309-792-8934. Note: **Dec. 25** and **Jan. 1**, no food served.

Career Program 34 101 Outreach Briefing

Career Program 34 (Information Technology Management) will provide an outreach briefing to the CP-34 workforce at Rock Island Arsenal on Thursday, **Jan. 22**, at Heritage Hall, 9-10 a.m. Career Program 34 provides career management, education and training to the Army civilian IT/cyber workforce.

Wounded Warrior J.R. Martinez to Speak in the Quad Cities

Vera French Community Mental Health Center will be having several educational events the week of **Feb. 15-20** to increase community awareness of the challenges of mental illness and the need for community support for the services provided by the Vera French Community Mental Health Center. This year they have the honor of presenting wounded U.S. Army veteran, J.R. Martinez as their signature inspirational speaker on Saturday, **Feb. 20**, at 7 p.m., at the Bettendorf High School Performing Arts Center. J.R. Martinez was wounded in Karbala, Iraq, April 5, 2003, by a roadside bomb that burned more than 34 percent of his body. ([More](#))

Arsenal Island Employee Local Discounts

The following discounts are exclusively available to Arsenal Island employees — **Infinity Salon & Spa:** Located at 220 W 3rd St. in Davenport, we offer 15 percent off services for military and the Arsenal Island workforce. We are a full service salon: hair, manicure, pedicures, massage, waxing, facials, for men, women, and children. Eligible personnel only need to show a military or work ID. **The Venue:** Located at 1405 5th Ave. in Moline, we would like to say thank you to all Rock Island Arsenal personnel – bring in your Arsenal ID/badge on Mondays and receive a 20 percent discount on food and soda (this excludes family feast special). **New Life Chiropractic Clinic:** All Arsenal Island military and civilian employees will receive a 10 percent discount off its services located at 2500 18th Street in Bettendorf. **Chocolate Manor:** All Arsenal Island military and civilian employees will receive a 10 percent discount off their total purchase on any of our award winning homemade chocolates at 110 E. 2nd St., Davenport, just show your ID. **Roosters Sports Bar and Grill:** All military and civilian's get 10 percent off their bill. Come head down for lunch at 2130 3rd St., Rock Island, new specials daily. **Peachwave Frozen Yogurt:** Peachwave, 3431 Devils Glen Rd., Bettendorf, offers a 10 percent discount every day to all military and veterans. *This information is included for general workforce interest and does not constitute endorsement of the businesses or products.*

Arsenal Traffic/Construction



Sylvan Road Work Complete

Road work on Sylvan Drive is mostly complete, and the road is reopened as of Tuesday, **Dec. 1**. Because of recent rains, some backfill work will continue in the area, to be completed as weather permits.

Rock Island Viaduct Sidewalk Closed to Pedestrians

"Sidewalk Closed" signs have been erected at either end of the Rock Island Viaduct sidewalk. These signs were placed because of the tripping hazard that the condition of the sidewalk presents.

Attached illustration indicates the suggested alternative route (STR276 American Discovery Trail and Pedestrian Bridge) during the closure.

Building/Space Closures



There are no announcements at this time.

Active Duty/Reserve Zone



NCOs With Poor Conduct, Performance Face Possible Discharge

Senior noncommissioned officer, or NCO, selection boards and the Qualitative Management Program, or QMP boards, scheduled for the second, third and fourth quarters of this fiscal year, will consider Soldiers in all components, E-6 through E-9, for possible involuntary separation.

Notification memos went out today for the March 2016 QMP board, said Ronald Simons, chief of enlisted retirements and separations in U.S. Army Human Resources Command's, or HRC's, Enlisted Transitions Branch, which manages enlisted Soldier QMP status. "It is imperative that the Soldier review their AMHRR [Army Military Human Resources Record] because that is the record the selection board is going to be reviewing. If it is not up to date and correct, it is on the Soldier to make sure it is up to date and correct," Simons said. ([More](#))

Army Opening 19 Specialties to Women

A total of 19 military occupational specialties in the Army will open to women beginning early next year. Secretary of Defense Ash Carter announced Dec. 3 that women who qualify will be able to serve in any job, anywhere in the military. He directed the Army and other services to provide an implementation plan by Jan. 1. More than 125,000 positions will potentially open for women in the

Army's conventional forces, and more than 13,000 positions will potentially open in U.S. Army Special Operations Command. ([More](#))

Updated Noncommissioned Officer Evaluation Report Rating Forms Available Online

U.S. Army Human Resources Command, or HRC, announced Monday the availability of the DA Form 2166-9 series, the revised Noncommissioned Officer, or NCO, Evaluation Report, or NCOER, and its activation in the web-based Evaluation Entry System, or EES. As detailed in Military Personnel, or MILPER, Message 15-395, the effective policy date for use of the 2166-9 series will be Jan. 1. Activation of the revised NCOER forms now allows Soldiers and raters to immediately begin to prepare NCOERs with a "through date" of Jan. 1 and later. The 2166-9 series consists of three revised NCO rating forms based on grade plate that mandate distinct rater and senior rater roles, and incorporate a senior rater profile and rater tendency assessment. Soldiers who are due to receive a mandatory report between now and Dec. 31 of this year will continue to receive that report, whether it be an annual, an extended annual or a change of rater report, using the DA Form 2166-8 series of report forms. ([More](#))

Military Singles & Geo-Bachelors Dinner

There will be a Military Singles & Geo-Bachelors Dinner on Tuesday, **Jan. 6**, in the USO spaces, Bldg. 110. This month's menu items include turkey & veggie soup, cheeseburger soup, bread, garden salad, fruit, and dessert surprise. All ranks, all branches, are welcome. Please RSVP to [Jackie Inman](#), 309-782-3896.



Safety Spotlight



**ARMY SAFE
IS ARMY STRONG**



Roadrageous

Roadrageous is an eight-hour classroom course addressing the root causes of aggressive driving. Produced by the American Institute for Public Safety, the training combines instruction, skits, games, videos, student-instructor interaction and student-student interaction to help drivers acknowledge their negative driving habits and attitudes. The goal is to give students a toolkit to change their behavior and decision-making processes behind the wheel. The U.S. Army selected Roadrageous training as part of its current Army Traffic Safety Training Program. The purpose is to provide driver improvement and remedial training for military or civilian personnel convicted of a moving traffic violation or determined to be at fault for a traffic mishap while operating a government motor vehicle. In addition, commanders may refer "high-risk" Soldiers to attend the course. The director of Army Safety encourages organizations to include Roadrageous training as part of their accident prevention efforts. Roadrageous is provided through Cape Fox Government Services. Unit leaders seeking to obtain Roadrageous training for their Soldiers should contact their garrison safety office. Independent studies have shown Roadrageous training to be effective in reducing collisions by 64 to 74 percent. Preventing motor vehicle accidents preserves valuable resources while protecting Soldiers and civilians from injury or death. ([More](#))

Winterizing Homes, Caution Critical To Safe Holiday, Winter Seasons

Shoveling snow, checking your smoke and carbon monoxide detectors and keeping track of your health this holiday season may seem trivial but taking the initiative to do so may be the difference between life and death. Adrain Kendrick, chief of safety and occupational health, said there are multiple reasons why unintentional deaths and injuries happen in and outside the home during the winter months. For one, he said people introduce objects into their homes that sometimes aren't normally there, like space heaters and live Christmas trees, during the winter. Live Christmas trees are hazardous when they aren't properly watered as they can become highly flammable, said James Dansereau, one of three fire inspectors on Joint Base Myer-Henderson Hall. Dansereau wrote in an email that when a live Christmas tree is not watered, it dries out making it vulnerable to heated objects, like light bulbs and space heaters. Home fires, according to the American Red Cross, are a common disaster and many Americans are uninformed about this fact. ([More](#))

Equal Employment Opportunity Focus



Army Diversity and Inclusion Roadmap

The U.S. Army's Diversity and Inclusion Roadmap (ADIR) supports Force 2025 and Beyond and contributes to mission readiness while transforming and sustaining the Army as a global leader in diversity. The new ADIR is scheduled to be published in fiscal year 2016. An inclusive mindset is crucial to recruiting, retaining and developing the human talent necessary to maintain readiness. A diverse Army represents the American people and demonstrates the strength of the committed men and women from different backgrounds working together to support the nation's defense. The Army's commitment to diversity facilitates cultural understanding and exemplifies the American principles. ([More](#))

Morale, Welfare & Recreation



Morale, Welfare & Recreation (MWR)

Visit the MWR website at www.riamwr.com for information on all MWR programs.

MWR Text Alerts

Grab your mobile phone and text **EZZHV32984 4** to the number **313131** to join our text list and have all the latest and greatest MWR news delivered right to your phone. We'll keep you up to date with all the fun and exciting upcoming MWR events and programs as well as coupons and special offers available only to text alert subscribers. Message and data rates may apply and you can opt out at any time by replying "stop" to **313131**. Check out the flyer for a quick and easy QR code that you can scan with your smartphone to automatically generate the message for you. ([Flyer](#))



Paintless Dent Repair Service Available

The always popular paintless dent repair technician will be available for repairs on Wednesday, **Dec. 16**, at the Auto Skills Shop. If you have small dings, dents and other imperfections in your vehicle it may be possible to have them fixed without the excessive costs of more traditional body work. Call 309-782-8631 for more information and to schedule an appointment. ([Flyer](#))

Time with Teddy

Parents, gather the kids and their favorite teddy bears, dolls, stuffed animals, etc. and join us Saturday, **Dec. 19**, 1-3 p.m., at Historic Quarters One, for a fun, social event featuring arts and crafts, a movie with popcorn and other snacks, a photo area, goodie bags and a special visitor from the North Pole. Cost is \$20 for one child and one adult, additional guests to your group are just \$5 each. Call to reserve your spots at 309-782-5890. ([Flyer](#))

Group Fitness Class Instructors Needed

Are you looking for some extra cash for holiday shopping? The Rock Island Arsenal Fitness Center is looking for group fitness instructors. Call us today at 309-782-6787 or tell someone you know who might want to join our team. ([Flyer](#))

Lunch Service at the Arsenal Island Clubhouse

Has it been a while since you've had lunch at the Golf Clubhouse? If so come back Tuesday - Friday, 11 a.m. - 1:30 p.m., and give it another try because we've got some exciting new options that are sure to fit your appetite and schedule. Try the daily soup, salad and sandwich buffet featuring a delicious house made soup du jour and fresh baked breads for just \$9/person. Maybe your lunch break is short and you don't have time for a sit down meal, we've got you covered there too. Order a sandwich or burger off the grab and go menu and you'll be out the door in no time. ([Menu](#))



Office Hours

Monday through Friday, 9 a.m. – 3 p.m., Bldg. 333. The office is closed for lunch from 10:30–11 a.m., 309-782-5890. ([email](#)) ([website](#))

Create Lasting Family Memories with the Harlem Globetrotters

Hilarious antics and amazing basketball skills will entertain the whole family. Discounted tickets on sale now. Section 107 Rows 7-9 \$27.50 adults & children (one and under free on lap)

Section 213 Rows 1- 3 \$35.50 adults & children (one and under free on lap) on sale until **Dec. 28**.

Event Date: **Saturday, Jan. 3**

Event Time: **7 p.m.**

World's Toughest Rodeo

The World's Toughest Rodeo also opens the arena nightly for the free Preshow as we invite fans to "get down in the dirt." It's a FANtastic opportunity to go out west for the night with interactive activities for all ages including pony rides, all access meet and greet with cowboys and entertainers, autographs and photos, sit on midnight the bull in the bucking chutes, or get up close and personal

with the World's Toughest Rodeo animal superstars as our staff host a behind the chutes tour. The sidewalk ends and the Wild West begins with more fun and free for all ages.

Leisure Travel has discounted seats on sale until **Jan. 18.**

Event Date: **Jan. 22-23**

Event Time: **7:30 p.m.**

Circa 21: Presents Phantom

A timeless tale. A haunting score. A stunning production. The mesmerizing Phantom is a sensation that enraptures with beautiful songs and characters more richly developed than in any other version, including the original novel. The story traces the obsession of the disfigured composer who falls in love with his protégé only to be undone by his passion. A theatrical rendition of Gaston Leroux's classic novel. Leisure Travel has discounted seats on sale until Tuesday, **Feb. 2.** All seats are \$46.

A Timeless Tale. A Haunting Score. A Stunning Production.

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Event Date: **Saturday, Feb. 20**

Event Time: **5:45-9 p.m.**

Star Trek: The Ultimate Voyage Concert Tour 2016

This lavish production includes an impressive live symphony orchestra and international special solo instruments. People of all ages and backgrounds will experience the franchise's groundbreaking and wildly popular musical achievements while the most iconic Star Trek film and TV footage is simultaneously beamed in high definition to a 40-foot wide screen. The concert will feature some of the greatest music written for the franchise including music from Star Trek: The Original Series, Star Trek: The Motion Picture, Star Trek II: The Wrath of Khan, Star Trek IV: The Voyage Home, Star Trek: Insurrection, Star Trek: The Next Generation, Star Trek: Deep Space Nine, Star Trek: Voyager and much more. This never-before-seen concert event is perfect for music lovers, filmgoers, science-fiction fans and anyone looking for an exciting and unique concert experience. MWR Leisure Travel has discounted seats on sale now. Stop by the office located in Bldg. 333 or call 309-782-5890.

Date: **Friday, March 22**

Time: **7 p.m.**

Child, Youth & School Services



Covenant Cottage Child Development Home

Covenant Cottage Child Development Home is available for backup, emergency, and hourly care for ages four weeks through 12 years. The home is located on post and is open from 6 a.m. – 6 p.m. Monday through Friday, Tuesday and Thursday evenings and Saturday mornings. Army Family Covenant Guidelines state deployed Soldiers are entitled to 16 hours free respite childcare per child,

per month. For reservations call 309-782-6793. We encourage you to call as far in advance as possible because spaces fill quickly.

Army Community Service



ACS is located in Bldg. 110, 1st floor SE; [Visit our ACS website](#) or phone 309-782-0829. Call ahead for special accommodations when attending ACS classes. [Find us on Facebook click here](#). 24/7 Sexual Assault Hotline: **309-229-8412**.

Employee Assistance Program



ASAP/EAP is located in Bldg. 56, 1st floor; visit our [ASAP/EAP website](#) or phone 309-782-4357 or 309-782-HELP. Office hours are from 7 a.m. - 4:30 p.m., Monday through Friday. After Hour Emergencies: 309-782-6116. Rock Island Arsenal Emergency Services will contact an EAP counselor who will call you back promptly. In addition, [a list of our classes & groups with dates, locations, and times, is located here](#). [Find us on Facebook click here](#).

National Drunk and Drugged Driving (3D) Prevention Month

The month of December is National Drunk and Drugged Driving (3D) Prevention Month. According to the Center for Disease Control, everyday 36 people in the United States die and approximately 700 more are injured in motor vehicle crashes that involve an alcohol-impaired driver. This holiday season, don't put your life, or anyone else's life on the line. Be smart and be responsible. If you are going to drink, don't drive. If you are going to drive, don't drink. Don't allow one bad decision haunt you for the rest of your life.



Keep Your Mental Health in Check during the Holidays – December 2015

Another year will soon be coming to a close, but not without the big rush of the holiday season. Relatives to visit, meals to prepare, presents to buy... whether it is the most joyous time of year is up for debate, but it might certainly be the busiest. The holiday season is a happy time for many; however, the stress of the season may exacerbate existing problems. Strained family relationships may be harder to tolerate, financial pressures more troubling, an already hectic schedule pushed to the brink. Depression, anxiety, and other mental health concerns can also be aggravated during the holidays. If you were feeling down or anxious before the holiday season, now you might feel even more worried or isolated. Some good times with friends and family may be all you need to feel better, but if you find you haven't felt like yourself for more than a week or two, something more serious may be going on. To help you identify if your holiday stress or blues could be a sign of an underlying mental health condition, contact the Rock Island Arsenal Employee Assistance Program at 309-782-4357 to schedule an appointment. The EAP is located in Bldg. 56, Room 104. All services are confidential and offered at no cost.

Education/Training Review



The Rock Island Army Education Center is located in Bldg. 56, 1st floor, west end of the building. Office hours: 7:30 a.m. - 4 p.m., Monday - Friday. Phone: 309-782-2065 Fax: 309-782-7901. [Please visit our website to learn more.](#)

American Education Week

The Rock Island Arsenal Education Center participated in this year's American Education Week that was held **Nov. 16-20** by hosting its first annual book drive. This year's nationwide theme was "Army Continuing Education – Soldier for Life, Education for Life." Through the support of our generous donors, we collected more than 875 new or gently used books that were then donated to help various parts of our local military community including: the Child Youth Center, USO, the Arsenal Attic and the Salvation Army. Thank you to all that donated, helping us provide all ages the ability to learn, grow and succeed.



AOS National Web Event: Strategies Addressing Moral Injury in Today's Military

On behalf of Army OneSource, I want to invite you to our upcoming AOS Resource Center National Web Event: Strategies Addressing Moral Injury in Today's Military, scheduled for Wednesday, **Dec. 16**, 1-2:30 p.m. CST and moderated by Chaplain Steve Sullivan, M. Div, Veterans Affairs Clergy Partnership for Rural Veterans. The exposure of war and violence during deployment can challenge an individual's moral beliefs and values. Often times, Service men and women may turn to their faith community for support and spiritual healing. Through treatment strategies, counseling and approaches to building capacity, faith-based leaders, mental health providers and other professionals are able to support their journey of recovery. Now more than ever, dialog, continuing education, and advocacy for evidence-based treatment plans are needed to address moral injury. Join this free National Web Event as subject matter experts explore moral injury, a multi-faceted treatment strategy and other creative approaches to support today's military; space is limited. Participants will learn more about: • The definition of moral injury; • The need for spiritual and therapeutic alliances; • Advocacy for a pastoral care treatment plan; • Moral injury education; • The Moral Injury Reconciliation (MIR) treatment strategy. [To register for this event click here.](#) I look forward to your participation, questions and feedback. If you have any questions, please contact me at sallers@afsc.com.

Rock Island Arsenal Welcome Club Scholarship Applications

Rock Island Arsenal Welcome Club Scholarship Applications are now available. Applications can be picked up at the Arsenal Attic Thrift Shop, Bldg. 60 basement; or the Education Center, Bldg. 56. You can also [access the applications online here](#). The applications list the specific eligibility requirements for applicants. Please note that all RIA active duty military, civilians, and contractors, and all of their dependents, are eligible to apply, as well as those who regularly volunteer on the Arsenal. Please email RIAWC Scholarship Chair Nicole Kirschmann at RIAWCScholarships@yahoo.com with any questions.

Area Schools to Visit RIA

The [Army Continuing Education Systems Rock Island Arsenal](#) is coordinating with Quad-City area schools to have them visit with eligible Ed Center patrons where they will meet with school representatives and learn about educational opportunities in the Quad Cities. These visits will take place in Bldg. 56, Room 121, 10 a.m. – 2 p.m. The schedule for this fiscal year is: • Ashford University, **Dec. 17, March 17, and June 16**; • Black Hawk College, **Jan. 14, April 14, and July 14**; • Eastern Iowa Community College, **Jan. 7, Feb. 4, March 3, April 7, May 5, June 2, and July 7**; • Kaplan University, **Feb. 18, May 19, and Aug. 18**; • Saint Ambrose University, **Jan. 21, April 21, and July 21**; • Trinity College of Nursing & Health Sciences, **Jan. 28, April 28, and July 28**; • University of Dubuque, **Feb. 11, May 26, and Aug. 11**; and • Upper Iowa University, **March 10, and June 9**. Meet with school representatives and learn about educational opportunities in the Quad Cities.

Defense Commissary Agency / Exchange



The [Rock Island Commissary](#) and the [Exchange](#) are for active duty military and retirees only. There are exceptions for select items (mainly consumable) at the Exchange that can be purchased by Arsenal Island employees with ID. The Commissary makes fresh fruit baskets daily for you! Shopping for someone who has everything? Problem solved. They are hungry for fresh fruit. Just buy them a fruit basket and relax. Ask our friendly staff to make you one or order one in advance. Check out local specials and get POC information [HERE](#). For information on this and other Commissaries, visit: www.commissaries.com ([Facebook](#))

Arsenal Archive



Information for the Arsenal Archive is made available by the Rock Island Arsenal Museum. The Museum is open to the public, Tuesday through Saturday, 12-4 p.m. Closed Sunday, Monday, federal holidays, the Friday after Thanksgiving, and Christmas Eve. Admission is free. ([website](#))

This Week in Rock Island Arsenal History – Dec. 7-13

RIA Commander Col. Leroy Hillman issued an order on Dec. 9, 1918, that required all RIA employees to wear masks while traveling on Arsenal street cars as a preventative measure against the spread of influenza. In December 1905, the Army Chief of Ordnance authorized RIA workers the right to heat coffee at noon hour. From this authorization developed an organized effort by the workers to create a hot lunch and cafeteria program. In December 1870, Aikens & Co., Pittsburgh, Pa., furnished the RIA with slate at \$15.25 per square. The slate was used to cover the roofs of buildings. In December 1959, the RIA repaired and modified the first XM70 boosted rocket launcher prototype. During the winter of 1863, temporary shops were built on the Island for use in construction of Arsenal buildings.

Healthbeat

December, Holiday Hours for RIA Health Clinic

On Friday, **Dec. 18**, the clinic and pharmacy will be closed 12-4 p.m. for its annual holiday party. The clinic will close for holidays **Dec. 24** and **25**, as well as **Jan. 1**.

Practice Food Safety during the Holidays

As the holiday season quickly approaches, many of us are looking to spend some quality time with family and friends. Nothing draws us closer together than enjoying a delicious home-cooked meal with the ones we love, but things can take a turn for the worse if food safety is not kept in mind. The U.S. Centers for Disease Control and Prevention estimates that approximately 48 million people get sick from foodborne illness each year. Of those that contract a foodborne illness, 128,000 are hospitalized and 3,000 die. The following are a few food safety tips to keep you, your families and your friends healthy during the holidays. Foods most commonly associated with foodborne illnesses are raw foods of animal origin; that is raw meat and poultry, raw eggs, unpasteurized milk and raw shellfish. Adequate cooking will kill most bacteria and their toxins. Fruits and vegetables consumed raw are also a particular concern. Washing can decrease but not eliminate contamination, so cooking to proper time and temperature is vital. Also, unpasteurized fruit juices can be contaminated if there are pathogens in or on the fruit that is used to make it. The best bet is to only drink pasteurized juices. ([More](#))

Notes for Veterans

Disabled Veteran Leave Law Only Applies to New Title 5 Feds

The new law providing a full year's sick leave up front to new federal employees who are disabled veterans only applies to those hired on, or after Nov. 5, 2016. The 2015 Wounded Warriors Federal Leave Act gives 104 hours of sick leave up front to first-year feds who are vets with a service-connected disability rating of at least 30 percent to attend medical appointments related to their disability. It also only applies to those new feds who are covered under Title 5 leave provisions, and including employees of the Postal Service and Postal Regulatory Commission. Non-Title 5 disabled veteran employees hired on or after Nov. 5, 2016, including those at the Federal Aviation Administration and Transportation Security Administration, are not eligible for the new benefit. Many jobs at the Veterans Affairs Department, for instance, also are not covered under Title 5. Title 5 governs most, but not all, of the federal personnel system. Current federal employees who are disabled veterans also are not eligible for the new type of leave. Obama signed the bill into law on Nov. 5, 2015, and it applies to those hired a year after its enactment. ([More](#))

Around the Q.C.



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Jan. 8-10: [Bald Eagle Days Environmental Fair and Wild Life Art Show](#) (QCCA, Rock Island)

Jan. 18-20: [24th Quad Cities Farm Show](#) (QCCA, Rock Island)

Jan. 23-25: [Rod and Custom Show](#) (QCCA, Rock Island)

Feb. 1: [35th Annual Motorcycle Parts Swapmeet for the Harley Enthusiast](#) (QCCA, Rock Island)

Feb. 6-8: [Quad Cities Home Builders Home Show](#) (QCCA, Rock Island)

Feb. 18-21: [Fishing, Hunting, and Outdoor Adventure Show](#) (QCCA, Rock Island)

Feb. 26-28: [QCCA RV/Camping Show](#) (QCCA, Rock Island)

Feb. 27: [Havana Daydreamn' by the Quad City Parrot Head Club](#) (Waterfront Convention Center, Bettendorf)

March 6-8: [Quad Cities Antique Spectacular](#) (QCCA, Rock Island)

April 1-3: [QCCA Lawn and Garden Show](#) (QCCA, Rock Island)

April 11: [18th Annual In-Fisherman Swap Meet](#) (QCCA, Rock Island)

May 10-11: [Scott County Kennel Club AKC Dog Show](#) (QCCA, Rock Island)

Island Insight

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[Col. Elmer Speights, Jr.](#), Garrison Commander; [Eric Cramer](#), Public Affairs Officer; [Mark Kane](#), Editor

The Army publication, Island Insight, is an unofficial publication authorized under AR 360-1 to provide information on people, policies, operations, technical developments, trends and ideas of, about, and of interest to the Rock Island Arsenal community. It is published weekly using word processing software and Adobe PhotoShop using Portable Document Format reproduction for online distribution with the use of federal funds under provisions of [AR 360-1](#) by the Rock Island Arsenal-Garrison Public Affairs Office. Contents of Island Insight are not necessarily the official views of, or endorsed by, the U.S. Government, the Department of Defense, or the Department of the Army. The views and opinions expressed are not necessarily those of the Garrison or the Department of the Army. The editorial content of Island Insight is the responsibility of the Rock Island Arsenal-Garrison Public Affairs Office. [Submission of announcements, articles, photos, letters, and graphic art of interest to the general readership is encouraged.](#) All manuscripts are subject to editing and rewriting prior to publication. Postal address: Garrison Manager, 1 Rock Island Arsenal, ATTN: IMRI-PA, Rock Island, IL 61299-5000. For [submission of announcements to the Island Insight](#); usarmy.ria.imcom-central.mbx.usag-ria-pa@mail.mil; Phone: 309-782-1121. [The Island Insight is available on-line.](#)

